

Bacon and Scrambled Eggs

* Microwave instructions below servings.

Bacon and eggs is often the first dish many teens, or preteens, try to cook on the stove. I didn't learn to cook eggs and bacon on the stove. I learned on a griddle while working in fast food restaurants. I scramble eggs in the microwave, no problem, no mess. On the stove? I lose half the eggs to a burned conglomerate on the bottom of the pan. My preferred cooking method is on the griddle, beside the sausage, bacon, and gluten free pancakes.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours, or thaw in fridge the night before
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Cheese (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Bacon

Butter

Cheese

Eggs

Substitute with: _____

Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan: Electric griddle

Ingredients:

Meat:

4 pieces of bacon

5 eggs

Vegetables:

15 ounces of potatoes

Optional:

1/4 cup of onions

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Optional:

Cheese

Preparation time: 10 minutes

Preparation:

1. Scramble 5 eggs in a bowl.
2. Add cheese and onions, if desired.
3. Place griddle on safe surface from fire hazards and set temperature to medium, or 350 degrees.
4. Arrange bacon around the bottom of the griddle. Allow to cook to 3/4 done.
5. Pour eggs on carefully, and slowly. Use a griddle safe spatula to turn the eggs frequently.

Cook Temperature: Medium or 350 degrees depending on how the griddle is set up

Cook Time: About 20 minutes

Servings: 2

*** Microwave Preparation:**

1. Cook bacon on a microwave safe plate, covered by a paper towel until done. Set aside, still covered to keep warm.
2. Stir and scramble eggs in a microwave safe bowl with a toothpick. Add onions and cheese, if desired. Cover with a paper towel, tucking it under the bowl.
3. Cook for 1 minute and 20 seconds. (Adjust time based on microwave.)
4. Stir with a toothpick. If raw eggs are visible, cover and heat again for 30 seconds until done.

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Baked Breakfast Steaks

Back when people lived on farms and raised their food, a full breakfast was vital. Of course, it wasn't as soon as they rolled out of bed. While some members of the family stumbled through dawn, or predawn chores, another one or two people would be in the kitchen cooking up a meal that would serve as both breakfast and a light lunch. An hour or two after waking, the family members doing animal feeding chores would stumble into the kitchen with rumbling stomachs to pork chops, steaks, and potatoes. They'd carry leftovers with them to snack on throughout the day.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours, or thaw the night before
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Pepper

Pork

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Chopping Board

Fork
Paring knife
Pot holders
Spatula
Spoon

Pan: 2.5 quart oven safe oblong pan with lid

Ingredients:

Meat:

Pork chops
Steaks

Vegetables:

Fried potatoes

Other ingredients:

Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chops or steaks in 2.5 quart oven safe oblong pan with lid.
2. Add enough water to cover the bottom of the pan.
3. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: Depends on thickness

Small ones: about 30 minutes

Thick ones: an hour

Servings: 1 chop, or steak, per person

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Griddle Breakfast Steaks

Breakfast on the griddle makes quick and easy cleanup. With the griddle on the kitchen table, food is flipped directly onto the plates as it is done. Pork chops and steaks cooked on the table top grill have a special flavor that encourages the appetite. Easy to cook, easy to clean up, and disposes of most of the grease in an attached drip pan. Fried potatoes can be prepared beside them. Other items such as bacon, eggs, or sliced fruit can be cooked at the same time. Verify they are fully cooked before eating. No need to wash multiple pans.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours, or thaw the night before
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Pepper

Potatoes

Pork

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Chopping board

Fork

Grill safe spatula
Paring knife
Pot holders
Spoon
Pan: Table top grill

Ingredients:

Meat:
Pork chops, or
Steaks

Vegetables:
Fried potatoes

Other ingredients:
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place chops or steaks on griddle.
2. Stay with the griddle to flip regularly.

Cook Temperature: 350 degrees

Cook Time: 20 to 30 minutes

Servings: 1 chop, or steak, per person

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the
fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Ham and Eggs

Ham and eggs is a classic dish. Eggs can be dyed green in honor of St. Patrick's Day. Doesn't add to the appeal, or the flavor. Ham slices can be smothered in fried or scrambled eggs and covered in gravy or syrup. Other people like to chop the ham and mix it in the eggs, for a delicious mix to place in a burrito shell. Since most soft shells are not gluten free, this recipe will cover a basic omelet that would be suitable for a shell. Ham and eggs can be eaten alone or as part of a larger meal.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Broccoli

Butter (lactose)

Cheese (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Pork

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Cheese

Pork

Substitute with: _____

Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan:

8 inch frying pan, or

Electric griddle

Ingredients:

Meat:

Chopped ham

5 eggs

Vegetables:

Fried potatoes

Optional:

2 tablespoons of mushrooms

2 tablespoons of onions

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Optional:

2 tablespoons of cheese

Preparation time: 10 minutes

Preparation:

1. Chop:

Ham

Optional:

2 tablespoons of mushrooms

2 tablespoons of onions

2. Add oil if cooking on the stove.
3. Scramble eggs with:
 - Ham
 - Dash of salt
 - Spices, such as pepper, to taste
- Optional:
 - 2 tablespoons of cheese
 - 2 tablespoons of mushrooms
 - 2 tablespoons of onions
4. Cook on medium heat
Or at 350 degrees on the electric griddle.

Cook Temperature:

On stove: medium heat

On electric griddle: 350 degrees

Cook Time: 15 to 20 minutes

Servings: 2

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Ham on Rice

A mixture of ham and grains is delicious for those who can still have them. Ham and rice can be a quick perk up meal either using fresh ingredients or leftovers. Ham and rice is another one of those meals that can be prepared for sick dogs and cats, with your veterinarian's permission, of course. To add flavor and texture, add a little beef or pork stock. It's a good way to get animals who have lost interest in eating to eat. Adding a few peas and carrots can also add nutrition. Some animals will eat medication in food mixes.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef stock (gluten)

Butter (lactose)

Mushrooms

Onions

Pepper

Pork

Pork Stock (gluten)

Rice

Spices

Meatless Preparation Avoid:

Beef stock

Butter

Pork

Pork stock

Substitute with: _____

Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan:

8 inch frying pan for ham, and

2 quart sauce pan for the rice

Ingredients:

Meat:

Ham

Optional:

1 cup of beef stock, or

1 cup of pork stock

Vegetables:

7.5 ounces of carrots

7.5 ounces of peas

Other ingredients:

1 cup uncooked rice

1 teaspoon of butter

Dash of salt

Spices such as pepper, to taste

Preparation time: 10 minutes

Preparation:

Meat:

1. Chop ham.

2. Fry in 8 inch frying pan with:

7.5 ounces of carrots

7.5 ounces of peas

Optionally:

1 cup of beef stock, or
1 cup of pork stock

Rice:

1. Boil water in 2 quart sauce pan for the rice.
2. Cook rice until done.

Combine:

1. Place rice on the plate.
2. Cover with ham and vegetables.

Cook Temperature: Medium to low

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Ham, Onions, and Mushrooms

Ham, onions, and mushrooms, while a delicious meal for people, is not safe for animals. Onions in large quantities have been known to kill dogs. And yes, sometimes dogs get a fingernail sized piece and it probably won't kill a healthy large dog. However, don't encourage them to eat onions, including those growing in the yard. Mushrooms may not be safe for pets either. This is a quick protein and spice filled breakfast to begin a busy day. Treat this dish as a stir fry. In some cases, it can be left to simmer while preparing the day's lunch a few feet away.

Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Beef stock (gluten)
- Butter (lactose)
- Chicken
- Mushrooms
- Onions
- Pepper
- Potatoes
- Pork
- Pork Stock
- Spices

Meatless Preparation Avoid:

- Beef stock
- Butter

Pork
Pork stock
Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 9 inch frying pan

Ingredients:

Meat:

Ham

Optional:

1 cup of beef stock, or
1 cup of pork stock

Vegetables:

7.5 ounces of carrots
1/4 cup of mushrooms
1/2 cup of onions
7.5 ounces of peas

Other ingredients:

Dash of salt
Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:

1. Dice:
Ham
1/4 cup of mushrooms
1/2 cup of onions
2. Add to 9 inch frying pan:
Ham
7.5 ounces of carrots
1/4 cup of mushrooms

1/2 cup of onions
7.5 ounces of peas
Dash of salt
Spices, such as pepper, to taste

Optional:

1 cup of beef stock
1 cup of pork stock
1 cup of water

3. Bring to a boil.
4. Turn down to a simmer, stirring occasionally.

Cook Temperature: Medium to low

Cook Time: 15 to 20 minutes

Servings: 3

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Pork Chop Strips with Onions and Mushrooms

Pork chop strips with onions and mushrooms can be perfect for a low mobility day. This dish can incorporate leftovers, perhaps diced by a person with more mobility. Some days, it's important to take things as they really are that day and not push yourself too much. On those days, a stir fry for breakfast can be a perfect meal, full of antioxidants, vitamins, minerals, and needed fats. Caramelized onions and salty mushrooms enhance the appetite and encourage a productive day, and your strength may even improve later. Any leftovers will make a quick lunch or breakfast the following day.

Pre Cook Preparation:

- Marinate: Not necessary
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized before pieces sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Mushrooms
- Onions
- Pepper
- Potatoes
- Pork
- Spices

Meatless Preparation Avoid:

- Butter

- Pork

- Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:**Meat:**

1 cup of diced pork chop

Vegetables:

1/2 cup of chopped mushrooms
1/4 cup chopped onions

Other ingredients:

Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Dice:
1/4 cup of mushrooms
1/2 cup of onions
Pork chops.
2. Add to 9 inch frying pan:
1/4 cup of mushrooms
1/2 cup of onions
Pork chops
Dash of salt
Spices, such as pepper, to taste
3. Bring to a boil.
4. Turn down to a simmer, stirring occasionally.

Cook Temperature: Medium to low

Cook Time: About 20 minutes

Servings: 2

Storage Solutions: Square containers in individual servings with or without vegetables

**Counter safe: 30 minutes to an hour to cool enough to place in the
fridge or freezer**

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.

Indoor Grilled Sausage, Eggs, and Bacon

Sausage, bacon, and eggs is a time honored classic. Two parts pork, and one part chicken. Interestingly, eggs are the only part of the chicken commonly eaten for breakfast in many American homes. Many people think eggs can only be fried on the stove. Frying is the quickest, messiest, and mostly likely to cause burns. Sausage and bacon can be oven baked. Fried or scrambled eggs can be cooked in the microwave. Use a table top grill to create less mess and for easier clean up. Egg rings keep the eggs from running into other food, or off the grill.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

Meatless Preparation Avoid:

Bacon
Butter
Eggs
Chicken
Pork
Sausage
Turkey

Substitute with: _____

Utensils:

Chopping board
Fork
Grill safe spatula
Paring knife
Pot holders
Spoon
Pan: Table top grill

Ingredients:**Meat:**

3 pieces of bacon
2 eggs
1 piece of sausage

Note: You can use turkey bacon and turkey sausage for less grease.

Vegetables:**Optional:**

1/4 cup of mushrooms
1/4 cup of onions

Other ingredients:

Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Turn grill on to 350 degrees.
2. Add bacon and sausage.

3. Turn as needed with grill safe spatula.
4. Cook until crispy.
5. Place on plate and cover.
6. Prepare scrambled eggs.
7. Either use an egg ring, or a heat safe spatula, to keep the eggs on the grill until done.

Cook Temperature: 350 degrees

Cook Time: 15 to 20 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Oven Baked Sausage, Eggs, and Bacon

Baking sausage, eggs, and bacon can be an excellent way to contain grease splatters, making clean up far easier. Baking bacon is also an excellent way to make sugar or honey flavored bacon. Place the bacon in an oven safe pan. Sprinkle brown sugar, or a teaspoon of honey over top, cover, and bake until the bacon is done. It will not be as crispy as stove top bacon. Oven baking is also less work on the arms because there is no stirring. Scrambled eggs will turn out more like a baked omelet. Directions for microwave scrambled eggs are included.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

Meatless Preparation Avoid:

Bacon
Butter
Chicken
Eggs
Sausage
Pork
Turkey

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: Oven safe bake ware

Ingredients:**Meat:**

12 slices of bacon
6 eggs
3 pieces of sausage

Note: You can use turkey bacon and turkey sausage for less grease.

Vegetables:**Optional:**

1/4 cup of mushrooms
1/4 cup of onions

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Optional:

2 tablespoons of brown sugar, or
2 tablespoons of honey

Preparation time: 10 minutes

Preparation:

1. Place bacon and sausage on a baking sheet at least a half inch high.
2. Place in oven at 350 degrees, until crispy.
Bacon may be done and still feel soft and flexible.
Note: Untested: scrambled eggs in an oven safe pan,
3. Or scramble the eggs in the microwave, stirring with a toothpick after a minute and 20 seconds to verify they are done.

Cook Temperature: 350 degrees

Cook Time: 15 to 20 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Stove Top Sausage, Eggs, and Bacon

Stove top sausage, eggs, and bacon are the traditional way to prepare this high protein meal. It can be very messy, and dangerous in a noisy, busy household. Proper adaptive equipment can allow even those with low vision to prepare this on the stove top. Though, they may need to carefully verify all the grease is cleaned up after cooking. For a person with physical or visual limitations, oven baking or a table top grill may be easier to cook and clean up. If bacon, sausage, and eggs are cooked as a one pan meal, cook eggs last for food safety.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours**
- B. Timer set to the time to begin preparation prior to cooking**
- C. Stay with meal to stir frequently**

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

Meatless Preparation Avoid:

Bacon
Butter
Chicken
Eggs
Sausage
Pork
Turkey

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:**Meat:**

12 slices of bacon
6 eggs
3 pieces of sausage

Note: You can use turkey bacon and turkey sausage for less grease.

Vegetables:**Optional:**

1/4 cup of mushrooms
1/4 cup of onions

Other ingredients:

Dash of salt
Spices, such as pepper, to taste
Optional:
2 tablespoons of brown sugar, or
2 tablespoons of honey

Preparation time: 10 minutes

Preparation:

1. Use the same 8 inch frying pan to fry sausage and bacon individually.
2. Once done, place on a plate and cover.
3. Scramble eggs in the oil from the meats.

Cook Temperature: Medium to low**Cook Time:** 20 to 25 minutes**Servings:** 2 to 4**Storage Solutions:** Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.